

SWVTC UPDATE



HR Hosts Successful Open House

By Beverly Webb, HR Director

Human Resource staff members proudly displayed their new SWVTC shirts as they welcomed staff to their Open House on Wednesday, October 15, 2008, from 6:30 a.m. until 5:00 p.m. Human Resource staff conducted retirement estimates and total compensation calculations, and helped employees to review and update the information in their personal files. Everyone enjoyed the good food and fellowship, and the "newer" members of the HR staff enjoyed putting staff faces and names together.

Congratulations to Rose Dalton, Robin Bond, and Kim McCraw who won door prizes and thank you to everyone who came by to visit. At last count over 150 employees visited the HR Department.



L-R: Tony Shaw, Dianne Parker, Kim Worrell, Beverly Webb, Robin Snavelly, and Dr. Woods show off their SWVTC shirts. Beverly presented Dr. Woods his shirt as a gift for National Boss Day.

Flu Shots for Staff



- **New Horizons:** Nov 13, 8 – 9 am and 1 – 3 pm, and Nov 17, 1 – 3 pm, in Bldg 3 Med Clinic
- **Connections, Pathways, Bldg 9 and 10:** Nov 13 and 14, 10am – noon and 2 – 4 pm (See Geneva Parker, RN for location)
- **Night Shift:** Nov 13 (See Barbara Stockner, RN for times and location)
- **ALL STAFF:** Nov 13, 5:45 am – 2:00 pm; every Tuesday and Thursday, 7 – 8 am and 2:30 – 3:30 pm from 11/13/08 to 2/26/09 in Bldg 1 Medical Clinic
- **For more information:** call Carole Everhart, ext. 243 or Emily Collins, ext. 179



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SWVTC Welcomes New Speech Pathologist

By Dennis Shrewsberry and Susan Rudy

Habilitative Services would like to welcome our newest member, Katie Wright to our department. Katie joined us in late August, following the completion of her Master of Science degree in Speech and Language Pathology from Radford University. Part of the



degree requirement at RU included an externship program, which she completed here at SWVTC in June and July of this year. Katie received her undergraduate degree in Exercise Science with a

concentration in scientific foundation, and a minor in Communication Science and Disorders. She is currently working on her national American Speech and Hearing Association (ASHA) certification in Speech Pathology here at SWVTC, and is considering additional education in the field.

Katie is originally from Kingsport, Tennessee, where her mother and father still reside. Her brother is currently enrolled at Clemson University and will receive his degree in mechanical engineering in December.

The field of Augmentative Communication, which includes high tech devices, computers and other technologies, is where Katie's strength and interest lies, and she wants to utilize its potential to help those with developmental disabilities. Katie has a fresh and enthusiastic approach, which will translate into new and exciting ideas in programming and services that will address the needs of our population.

In her leisure time, Katie enjoys photography, snowboarding, hiking, crafting, and watching college football. She is involved in a Lutheran organization at Virginia Tech.

Katie is currently serving Buildings 12, 4 and 6C for both communication and nutritional management. Her office is on building 10 in room 165. She is an excellent complement to our existing speech therapy staff, and we are extremely happy she has chosen SWVTC to begin her career as a speech pathologist.

Staff Safety Awareness Reception

By Michele Laird, Risk Manager

October started off with a warm thank you to all staff for keeping themselves safe while at work. On Wednesday, October 1, staff enjoyed a Subway lunch with cookies, chips and drinks. Two-hundred, eighty-one (281) prizes were distributed among staff. Some prizes were simply to show appreciation for everyone's efforts while others were safety oriented. Several display tables offered literature on different safety issues, including infection control, fire safety, emergency preparedness, workers compensation, personal protective equipment and risk management.



*Literature is still available.
Contact the Risk Management Department
(Ext. 133 or 141) for information.*



Risk Management Announces Winners of Hand Washing Poster Contest

By Michele Laird, Risk Manager

Prior to the Staff Safety Awareness Reception, all staff was offered the chance to design a hand washing poster. This poster will be used here at the Training Center. All entries were appreciated and it was very exciting to have entries from so many different departments. All the entries were great; however, we could only select 4 winners. Winners were selected based on educational content by medical services staff. The winners were as follows: Carmela Roberts, 1st Place; Larry Smith, 2nd Place; 5D staff and residents, 3rd Place; and Wanda Semones, 4th Place. The top three entries will be used primarily in staff bathrooms and work areas. Wanda's poster will be used in residential areas. Winners received a \$25 gift card to Wal-Mart.

Authorized Visits to SWVTC

By Beverly Webb, Human Resource Director

Did you know that there is a policy (SWVTC Instruction #373) regarding authorized visits to the SWVTC campus? Relatives and friends of staff are not allowed to be on any unit or in any building on campus without prior approval from the supervisor of that area. If the supervisor is not present to grant approval, the staff should contact the Administrator on Duty for approval. This means that if a family member or friend is bringing you to work, delivering a meal to you, or picking you up after work, that person **should not** be in the building or on the cottage.

Staff who are suspended or on any type of leave, or who are no longer employed (yes, this includes retirees) are only authorized to be on campus during normal 8:15 a.m. to 5:00 p.m. work hours, Monday through Friday, and must report to Human Resources in Building 1 upon arriving on grounds. Human Resource staff will coordinate any consultation/visits with staff who are working.



October is National Fire Prevention Month

By Michele Laird, Risk Manager

October is National Fire Prevention Month. Fire safety is important at work and home. Remember, that smoke kills more people than the actual fire. If you find yourself in a smoke filled area due to fire, lower yourself to the ground and crawl out of the area. At work, know where the fire extinguishers are located and know the plan for responding to a fire. If you hear the fire alarm, don't assume it is a drill. Below is a brief summary of how to respond to a fire. *This information can also be found in the SWVTC Emergency Procedures Flipchart and in the "In Case of Fire" training alert.*

Any employee discovering a fire or observing smoke or smelling smoke shall:

1. Evacuate anyone in immediate danger to a nearby safe area
2. Sound the fire alarm located at exits in each building
3. Dial "6" giving the operator:
 - a. Your name
 - b. Location of the fire by building, wing, and room
4. Evacuate all persons from the building. **(All Residents Have to be Supervised at All Times.)**
5. Close all doors and attempt to control the fire with extinguisher without risk to personal safety.
6. Receive instructions from the Security Officer.
7. Evacuate CORs near the fire if 2 or more staff members are present and conditions permit.



While it is impossible to know when every event will happen, it is possible to be prepared.

- Develop a plan for you and your family.
- Teach fire safety to your children.
- Practice your plan with the entire family.
- Have at least two fire escape routes.
- Designate a safe place outside to meet after escape from a fire.
- Have a fire extinguisher at home and in your car.
- Have smoke alarms in your home and test them regularly.

Catina Clark **PASS**ed the test when it came to Fire Safety. Catina took the challenge at the Staff Safety Awareness Reception and won a \$25 gift card for correctly identifying the meaning of **PASS**. The question is...do you know how to use a fire extinguisher? Here are some tips to make it easier for you to remember.

PULL the pin.

AIM at the base of the fire.

SQUEEZE the handle.

SWEEP from side to side at the base of the fire until it is out.

Special Thanks from New Horizon

New Horizon would like to thank everyone who assisted with our Memorial Park clean-up day on October 2. Thanks to everyone's efforts, the Park is really looking good and should now be prepared for winter. We will be doing some additional work next spring.

Staff and residents of Building 4 would like to thank everyone who supported their bake sale. The sale was very successful, raising enough funds to purchase a digital photo frame, which is now located at the entrance to Building 4 and is full of a lot of really neat pictures. Feel free to come by and take a look if you haven't already!

Winners of the Pumpkin Decorating Contest are:

12A - Kenneth D.
12B - Pam T.
3A - Connie L.
3B - George S.
3C - Clifford M.
3D - Jeanette "Cookie" S.
3E - Jessie M.
3F - Dale S.

4A - Jessica O.
4B - William B.
5A - Elwood S.
5B - Hope B.
5C - Henry H.
5D - Kenny B.
6A - Mona S.
6B - Sam L.

6C - Beulah R.
6D - Amanda A.
7A - Kevin W.
7B - Thomas B.
7C - Kevin B.
8A - Keith S.
8B - Luther F.
8C - John Sta.

The winners will enjoy a celebration party. Plans will be announced in a few days!
Congratulations to our winners - all the pumpkins were fantastic!!



Germ Warfare



Did you know there are more germs on your desktop than there are on a toilet seat? Germ Warfare will show you where the germs are and how to stay healthy during cold and flu season.

With cold and flu season upon us, you may want to hide in your office to avoid your under-the-weather co-workers.

But, office phones, keyboards and fax machines harbor viruses that can cause colds and the flu. In fact, the typical workspace has hundreds of times more bacteria than a toilet seat!

Find out where the TOP 5 GERM HOT SPOTS are IN THE OFFICE!

Germ Warfare will remind you of simple ways to prevent the spread of germs in the office and make it less likely that you will get sick.

This program will also discuss the importance of flu shots and let you know how you can get one FREE.

33 UNITS OF BLOOD GIVEN ON 10/16/2008!

JMH BLOOD DRIVE



Thursday, December 11, 2008
10 a.m. till 3 p.m.

JMH also is the main provider of blood in Smyth, Carroll, and Grayson counties – serving Twin County Regional Hospital and Smyth County Community Hospital.

Check out the new Website at
www.commonhealth.virginia.gov

– also located on SWVTC Intranet homepage

CommonHealth Program

SCHEDULE for November 5th

<u>TIME</u>	<u>BLDG</u>	<u>LOCATION</u>
9:00 AM	3	Dining Room - 1st group
9:30 AM	3	Dining Room - 2nd group
10:00 AM	10	Housekeeping Room
10:30 AM	10	Housekeeping Room
11:00 AM	12	Dining Room
12:15 PM	2	Food Service
12:30 PM	2	Food Service
1:00 PM	1	Lobby
1:30 PM	1	IHP Room
2:15 PM	1	IHP Room
2:45 PM	10	Housekeeping Room
3:00 PM	10	Housekeeping Room
3:30 PM	3	Dining Room
3:45 PM	3	Dining Room



HOW TO STAY STRESSED

- Ignore your physical health – eat junk food regularly
- Avoid exercise – it tires you out!
- Create debt – borrow frequently, repay slowly
- Nourish grudges – remind people of their past mistakes
- Search for bad news – if none available, create it
- Whine often – it makes you feel better
- Try to feel bad – stay angry, pout
- Catch a contagious disease and share it with your friends
- Get all you can before the selfish people do
- Blame others for your problems
- Be a martyr – let others know how much you suffer and sacrifice for them
- Procrastinate
- Avoid happy people at all costs – they might make you smile and feel better!

November is American Diabetes Month

Nearly 24 million people in the United States have diabetes and about a quarter of them do not know it. This is a deadly and costly disease, accounting for more than 224,000 deaths in 2002 and costing about \$174 billion dollars in direct and indirect medical expenses in 2007. The crossword puzzle below is comprised of many words used when talking about diabetes. For more information, check out the American Diabetes Association website at www.diabetes.org.

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	23			24			25					
26						27			28			
29				30								
		31										

ACROSS:

1. A device used to measure blood sugars at home
5. Opposite of 11 across
7. Feminine possessive pronoun
8. A type of sweet potato
9. Workout
10. Tablet
11. Opposite of 5 across
13. A type of sugar
15. Neither, ____
17. Type of foods most readily converted into body energy
21. Injection
22. Tropical yellow fruit
23. To ____ or not to ____ (Hamlet)
25. Article
26. Serving (2 words)
29. Short for advertisement
30. 6 Down is classified as this.
31. Opposite of in

DOWN:

2. Sight organ
3. Money paid to the government
4. 9-1-1
6. 19 down is caused by the body's inability to make or properly use this.
7. Low blood sugar
12. Fight
14. An organization for members only
16. To equalize
18. Save
19. A disease where the body cannot convert food into energy effectively.
20. A sweet substance
23. A type of body fluid
24. Body mass is a ratio of height and this
27. Emperor who fiddled while Rome burned
28. Time ____

Keeping Up with Coworkers ...

Thank You

Thanks to everyone for the cards, gifts and prayers in my time of need. I have gone through some bad times but I hope I can be strong. Thanks for being a friend in time of need. Right now it is so hard to think about what has happened but I hope somehow to make it through this. You all have been great to me and I sure do appreciate your kindness. Thanks again to everyone.

Clover Choate, ATS, 6C

Thank you for the cards, food and most importantly your prayers in the death of my nephew, Tony Sifford. Please continue to pray for his family. He knew the Lord Jesus as his Savior and is now with him. Life is short and very fragile; we could be taken from this world at any time. My prayer for you is that if you don't know Jesus as your Savior, turn your life over to Him and accept his Saving Grace in your Heart. Thanks again,

Joe Pickett, Purchasing Department

I want to thank everyone for the visits, flowers, cards, food, money, and most of all your prayers. I have a heart full of gratitude and love for all that you have done for me. I have so many great friends and I appreciate each one. I have been so blessed by all the kindness shown to me. Thanks again and I hope God richly blesses you all. Keep me in your prayers.

Love, Roxann Mabe

Illness

Buildings and Grounds is glad to have **Mickey Anders** back to work after being out on sick leave.

Perry Nester is now home and continues to do well.
Becky Hawkins, Building & Grounds

Food Service wishes **Judy Chappell** well following her recent accident.

Comings and Goings

Housekeeping Department welcomes its newest employee, **Sandra Flores**, who came aboard as a buffer/housekeeper.

Best wishes to **Carrie Carpenter-Goad** and **Breanne Neff**, who have each left New Horizon to become part-time employees at SWVTC.

Food Service welcomes three new part-time employees: **Ruth Hash, Nolan Stone, and Allen Waller**.

Congratulations to **Lois Akers** and **Allison Verduci** for their promotion to full-time status.

Best wishes to **Stephanie Woodward, Amy Vaughan, and Randall Morehead** on their transfer to Direct Support.

Rebecca Stone, Food Service



In appreciation for all she does and in celebration of National Boss Day, October 16, Food Service employees surprised **Joy Caviness**, Food Operations Manager, with a banner and a tableful of gifts.

Answers to Crossword on page 7																			
				1 M		2 E	3 T	4 E	R			5 H	6 I	G		H			
7 H	E	R				8 Y	A	M					N						
Y						9 E	X	R	C	I			S	E					
10 P	I	L	L					R					U						
O								G						11 L	O		12 W		
13 G	L	U		14 C	O	S		E						I			A		
L				L				N						15 N	O		R		
Y				U				C					16 B						
17 C	A		18 R	B	O	H		Y		19 D	R	A	T	E		20 S			
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26 P		O	R	T		I	O	27 N	S	I		28 Z	E						
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29 A		D				30 H	O	R	M	O		N	E						
				31 O	U		T		O			E							



Most guessed correctly that the mystery lady on the right is **Parke Jordan Quesenberry!**

The *UPDATE* will feature another "Time Travel - Who's Who" in November.

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